

Preparing for Online Art Therapy: Information for Clients

This sheet will help you get ready for your online art therapy sessions. Sessions will take place via Microsoft Teams, a secure online platform. This document covers what you need in terms of technology, privacy, and art materials, to make the most of your therapy experience.

1. Accessing Microsoft Teams

Your sessions will be held on Microsoft Teams, which is free and accessible via:

- A computer/laptop with a webcam and microphone
- A tablet or smartphone
- A stable internet connection

You do not need a Microsoft account to join the session. Here's how:

Before your session:

- You will receive a Teams meeting link via your university email account.
- Click the link at the time of your session.
- Choose to open the session in the Teams app (recommended) or in a web browser.
- Wait to be admitted into the session.

2. Creating a Private Space

To get the most out of your sessions, it's important to be in a quiet, private space where you won't be overheard or interrupted. Here are some suggestions:

- Use headphones to keep the session private.
- Let others in your household know not to disturb you during your session.
- If possible, use a room with a door you can close.
- Have a drink and tissue nearby, just as you might in a face-to-face session.

3. Gathering Art Materials

You don't need expensive materials, use what you have available. Here's a suggested list:

Basic materials:

- Paper (plain, coloured, sketchbook, or printer paper)
- Pencils, pens
- Crayons, coloured pencils, markers or felt tips
- Glue stick, scissors

Optional extras:

- Paints and brushes
- Magazines or newspapers (for collage)
- Pastels or charcoal
- Found materials (leaves, fabric scraps, thread)

4. What to Expect in Online Sessions

- Sessions will last approximately 45 minutes.
- You are free to talk, make art, or both.
- Your therapist may guide you through art activities or invite you to work freely.

5. Support and Troubleshooting

If you experience any tech issues during the session:

- Try reconnecting using the original link.
- If needed, contact your therapist directly by calling or using the chat function on Teams. Alternatively, you can contact us by emailing wellbeingservices@bangor.ac.uk or calling (01248) 388520

6. Summary Checklist

- Access to a device with internet, camera, and mic
- Microsoft Teams link ready
- Private, quiet space
- Art materials gathered
- Headphones (if available)

If you have any questions or concerns before starting, please don't hesitate to contact us at wellbeingservices@bangor.ac.uk / (01248) 388520